RUNFIT 99
OWNER'S MANUAL

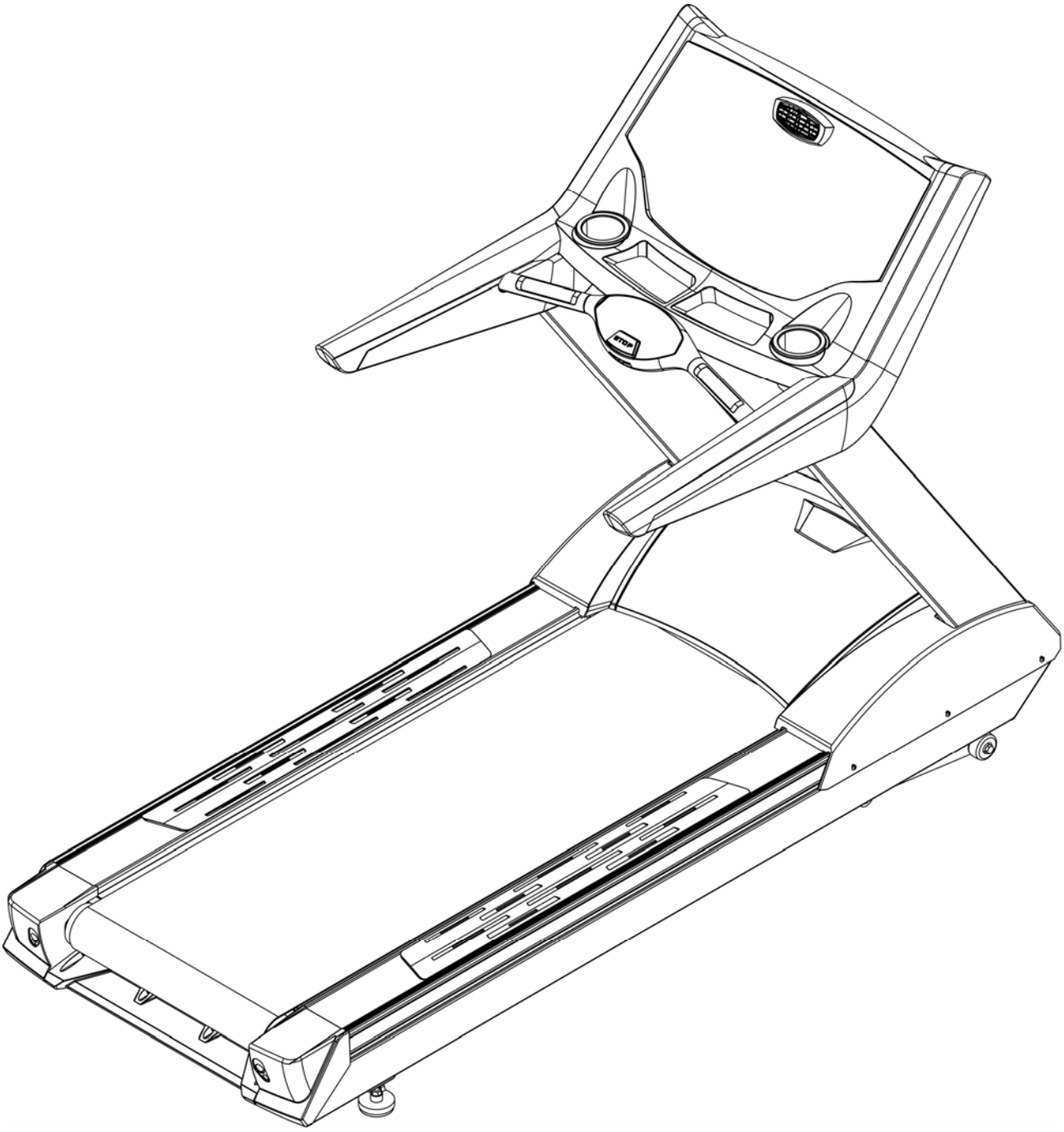
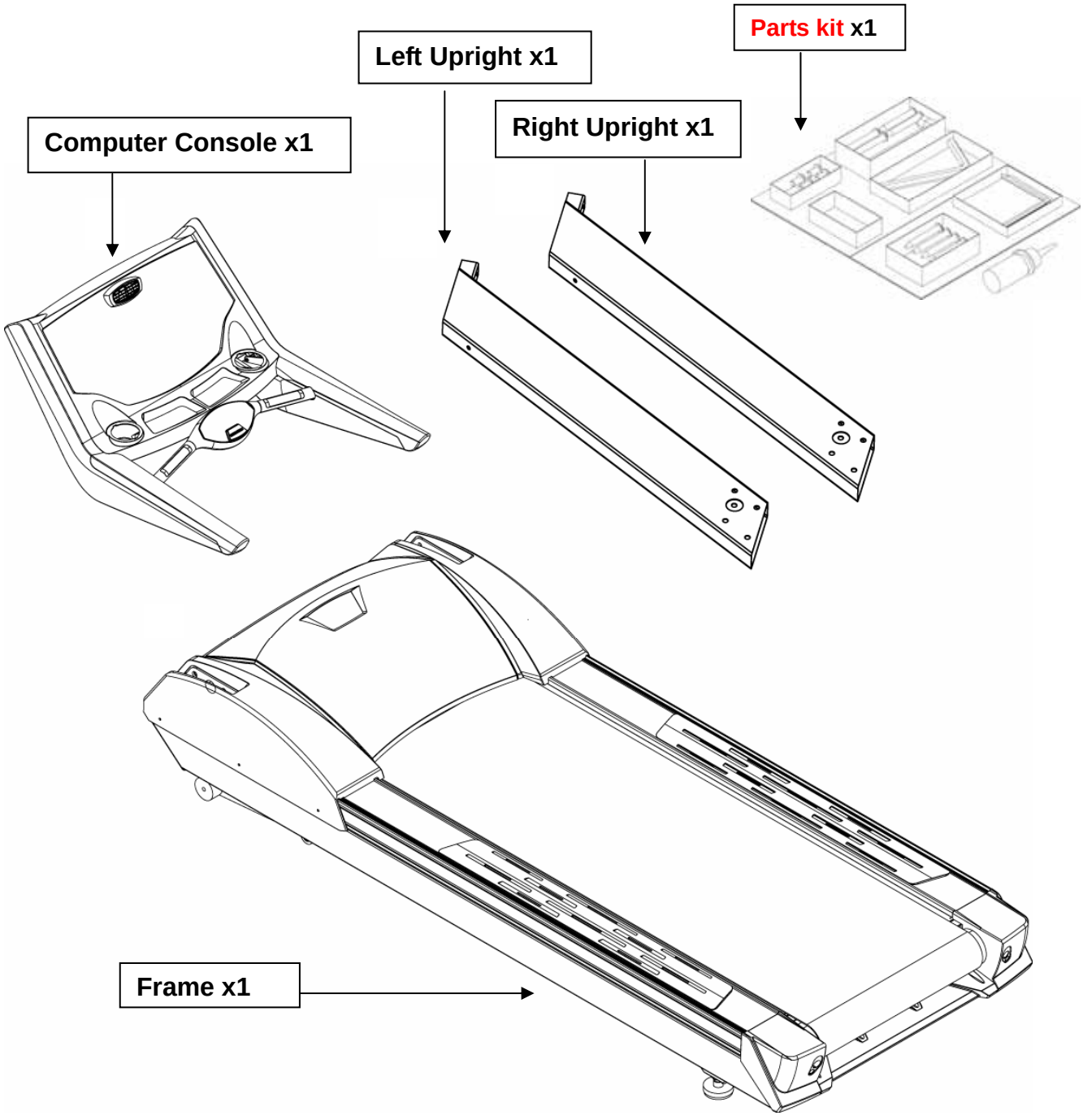


Table of Contents

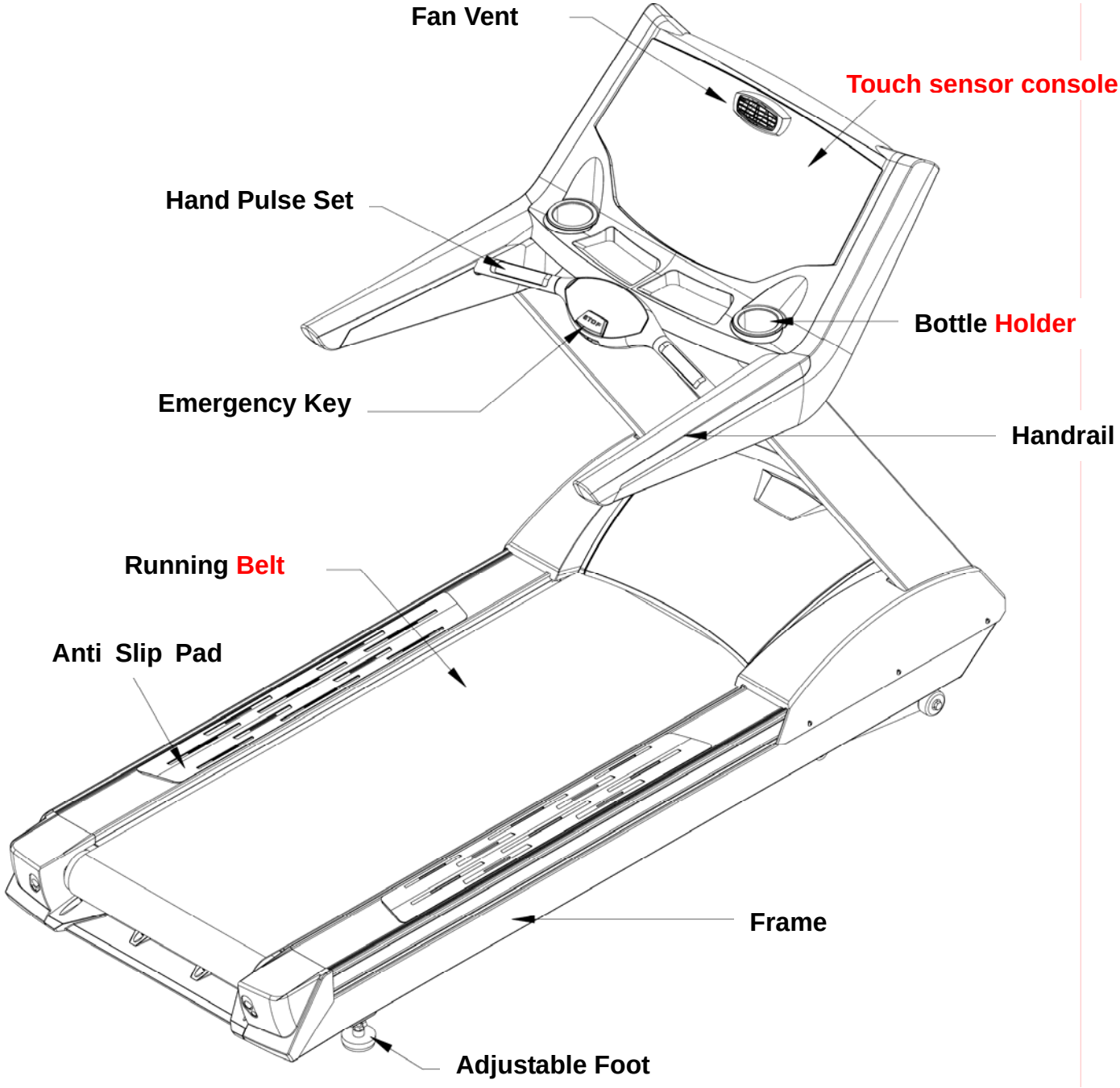
1 Components Check 2
2 Overview Drawing 3
2-1 Computer Console 4
2-2 ISP Slot And C-SAFE Slot 5
2-3 Wire Rod System And Power Switch 6
2-4 Running Belt And Side Incline Base 7
3 Caution 8
3-1 Important Safety Instructions 8
3-2 Electrical Power Requirement 10
3-3 Adding SILICON 11
3-4 ADD SILICONE 12
3-5 Leveling Adjustment 13
3-6 Power Switch 13
3-7 Centering The Belt 14
3-8 Emergency Stop System 15
3-9 Fitness Networking 17
4 Assembly Instructions 18
4-1 Pre-Assembly Check List 18
4-2 Assembly Steps 20
5 Computer 22
5-1 Computer Structure 22
5-2 Bottle Holder and Utilities Trays 25
6 Heart Rate Zone Training 26
6-1 Heart Rate Zone Training 26
6-2 Heart Rate Monitoring 27
7 Programs 28
8 ERROR CODE DISPLAY 40

1 Components Check

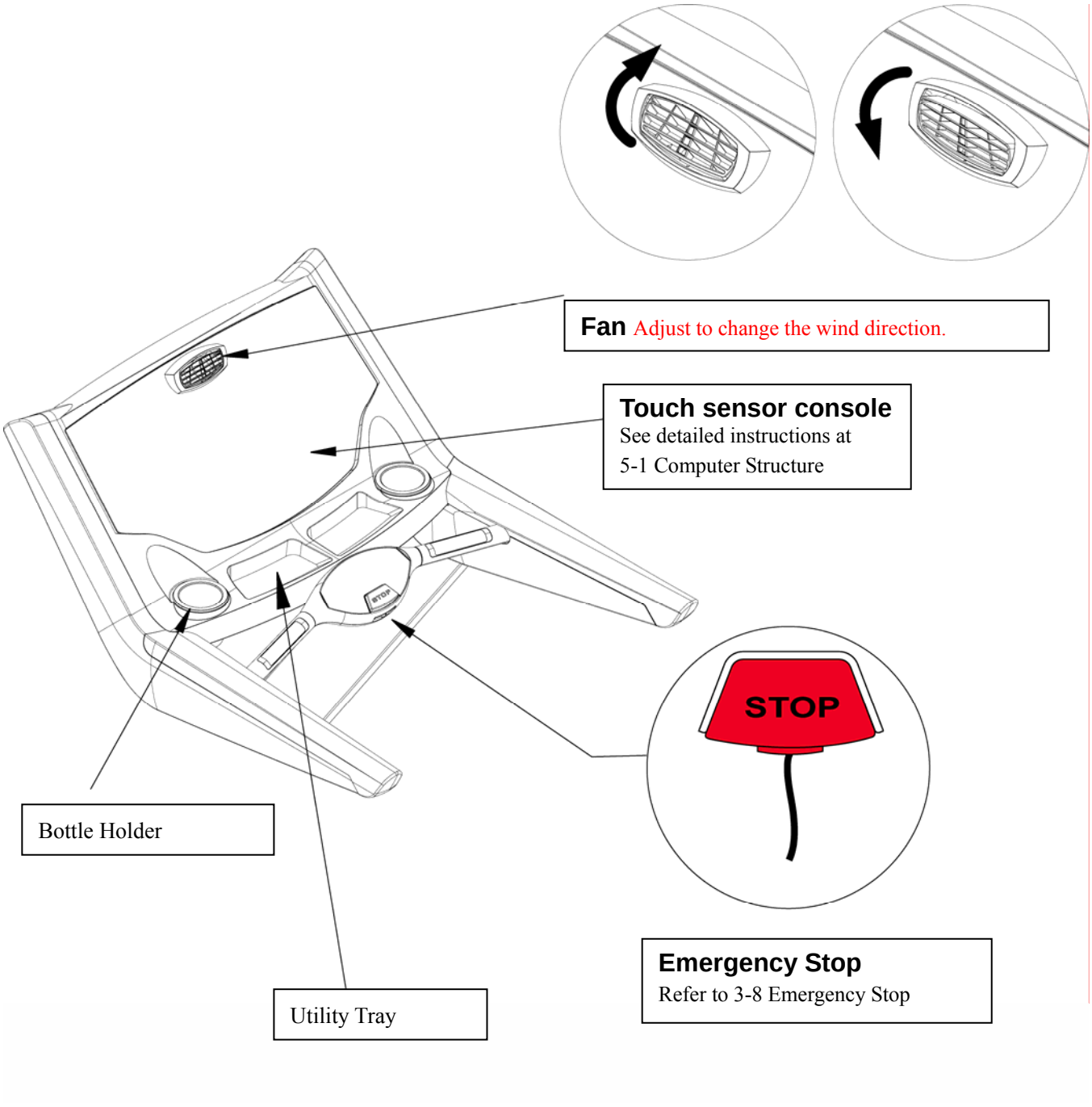
Please check the following parts carefully after opening the box. If there are any missing please contact your sales agent.



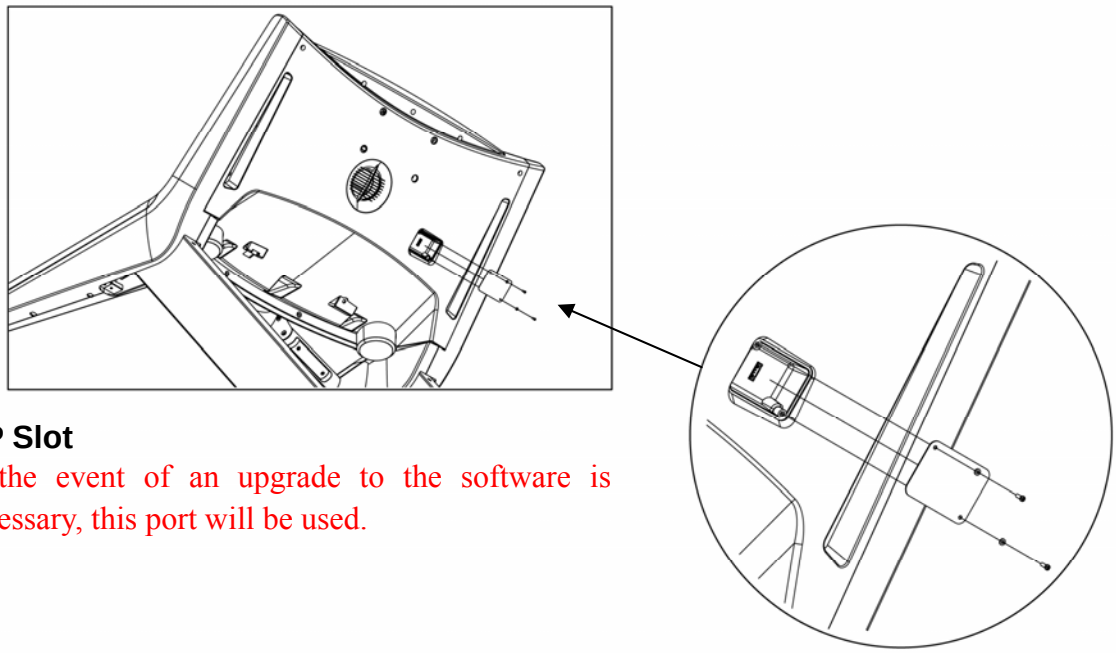
2 Overview Drawing



2-1 Computer Console

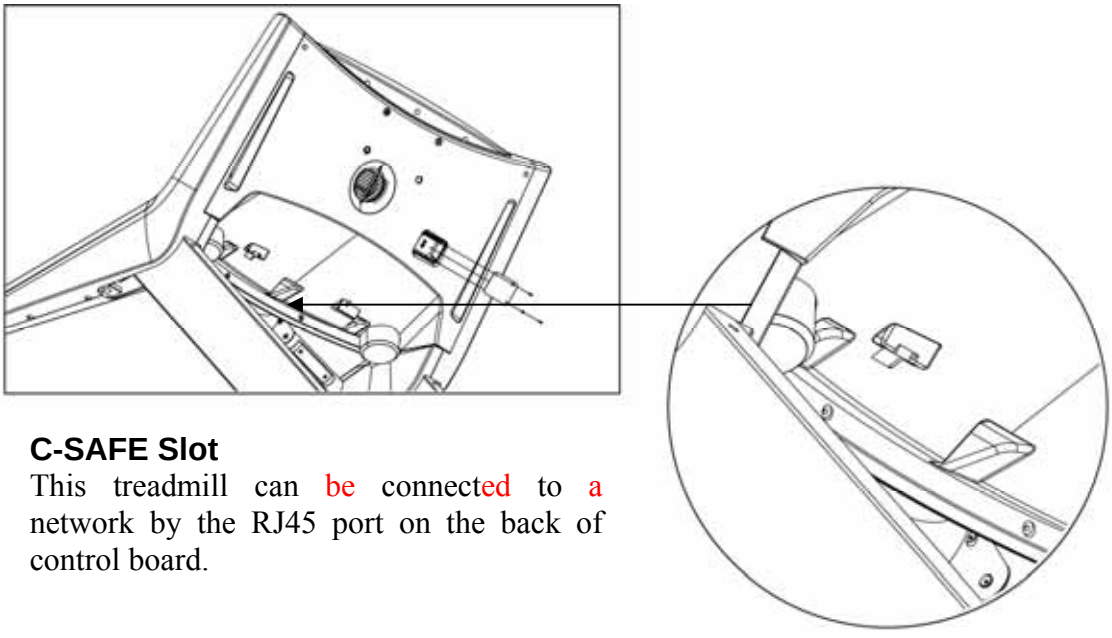


2-2 ISP Slot And C-SAFE Slot



ISP Slot

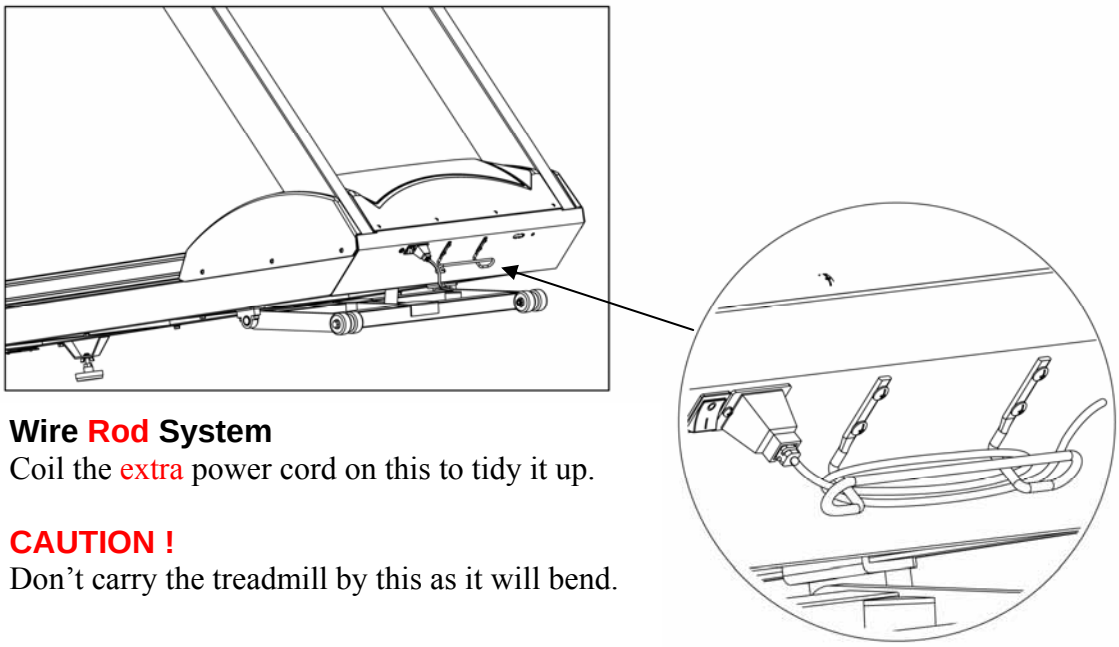
In the event of an upgrade to the software is necessary, this port will be used.



C-SAFE Slot

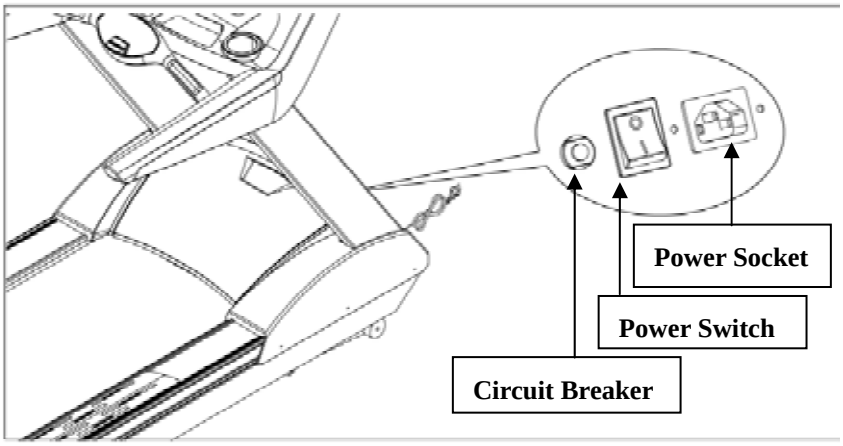
This treadmill can be connected to a network by the RJ45 port on the back of control board.

2-3 Wire Rod System And Power Switch



Wire Rod System
Coil the extra power cord on this to tidy it up.

CAUTION !
Don't carry the treadmill by this as it will bend.



Power Switch

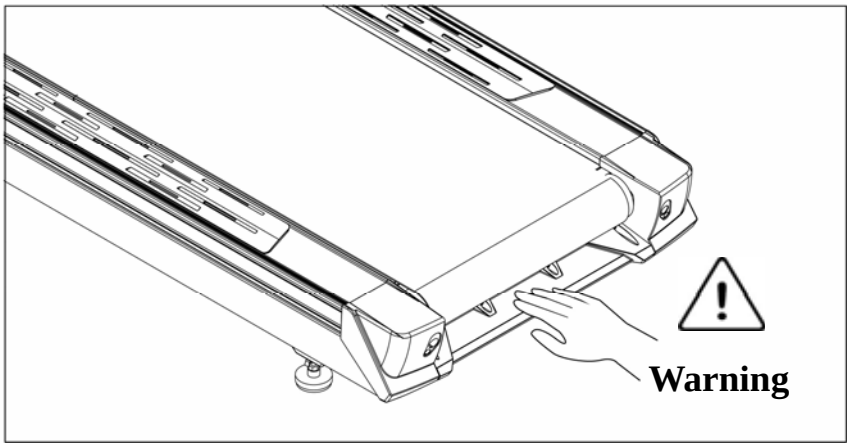
Circuit Breaker
If the current goes over the rated value, it will reset automatically.

After 10 minutes, the pressure will go back to the preset value.

Automatically Reset

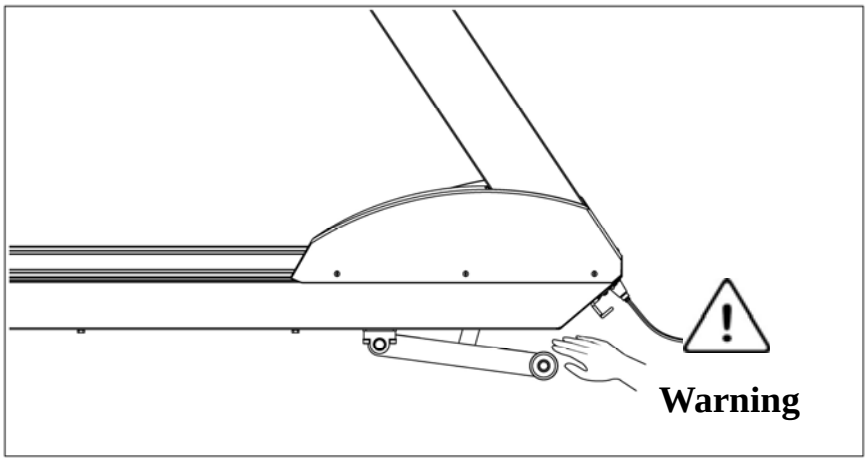
Power Socket
Pay attention to the voltage of the socket (110V or 220V).

2-4 Running Belt And Side Incline Base



Running Belt

Keep hands away from the running belt while the treadmill is running. If service needs to be done near this area, turn the treadmill off and unplug the unit first.



Side Incline Base

Keep hands away from the front end of the treadmill and elevation arm. If service needs to be done near this area, turn the treadmill off and unplug the unit first.

3 Caution

3-1 Important Safety Instructions

Warning:

To reduce the risk of burn, fire, electric shock, or physical injury, please read the important safety instructions and product information carefully before starting to use this product. The owner of the treadmill should take on the responsibility to make sure that all the users can fully understand the cautions and important safety instructions

- Before starting any exercise/fitness program you should consult with your healthcare professional.
- Please operate the treadmill according to this manual. Do not use any attachment or replacement part not recommended in order to avoid accidents or injury.
- Put the treadmill on a flat floor; keep the area 2 meters (6 feet) behind the treadmill clear. Do not put the treadmill in a position where circulation of air can be blocked. Ideally put a rubber mat under the treadmill to prevent the floor or carpet from damage and to help to avoid dust getting into the treadmill.
- When choosing the position of the treadmill, please be sure there is an outlet with a dedicated circuit near that position.
- Put the treadmill indoors to keep it free from moisture and dust. Do not use near pools or other areas of high humidity.
- Do not operate where aerosol (spray) products are being used or where oxygen is thin.
- Do not let children under 12 years old use the treadmill without supervision. Close supervision is necessary when used by invalids, disabled persons and children.
- This treadmill's maximum load is 400 pounds or 180 kg.
- The treadmill is only for one person to use. Keep all loose clothing including shoe laces and towels away from moving parts. Use proper athletic shoes, do not use with heals, cleats or spikes on shoes.
- Connect the product to a properly grounded dedicated outlet only. Do not connect other appliances to the same outlet or circuit.
- Before stepping on the treadmill, please stand on the anti-slip pads on either side of the treadmill frame. Step on the treadmill after it begins to run. this will avoid unnecessary initial loads.

- Before using the treadmill, please examine every part first.
- Never drop or insert any objects into any vent of the treadmill.
- Always follow the important safety instructions before connecting the treadmill to the grounded outlet.
- Keep the power cord far away from incline wheels. Do not put the power cord under the treadmill and never use a damaged power cord. If cord becomes damaged it must be replaced with a factory replacement by a qualified service company or electrician.
- Always unplug this product from the electrical outlet before cleaning or maintenance of the treadmill. The maintenance of the treadmill should be performed by an authorized person.

3-2 Electrical Power Requirement

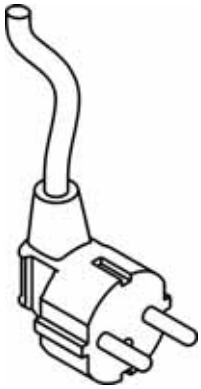
This treadmill requires special power:

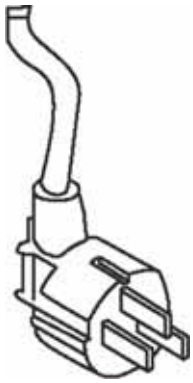
Supply Voltage（V）	Frequency（HZ）	Rated Currency（A）
100	50/60	18
120	50/60	18
200	50/60	9
220	50/60	9
230	50/60	9
240+	50/60	9

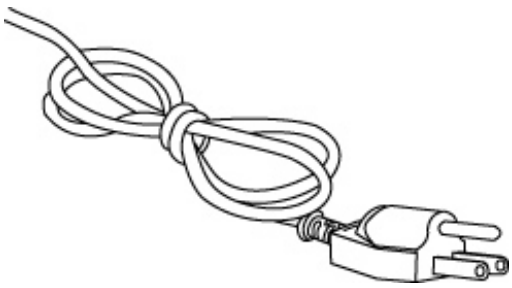
A dedicated outlet is REQUIRED for this treadmill. The hot, neutral and ground wires must each be routed independently (not looped or tied to other circuits.

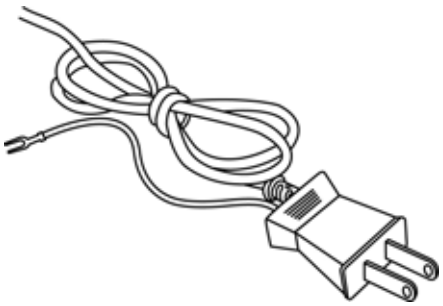
This product must be properly grounded to prevent damage from a lightning strike. Improper connection of the grounding conductor can also result in a risk of damage from a lightning strike. Check with a professional electrician or serviceman if you doubt whether the product is properly grounded. If the grounding plug on the product does not fit the outlet, have a proper outlet installed by a qualified electrician.

Grounding plug



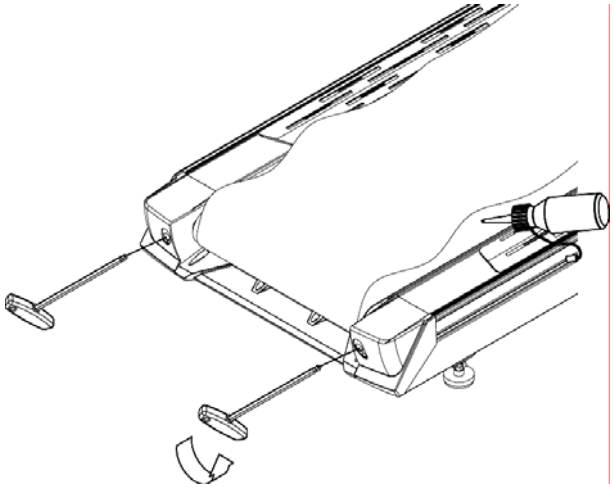






3-3 Adding SILICON

If necessary use the Hex Wrench to unscrew the bolt inside the Rear End Cap. Then pull the belt up and daub some SILICON to the center of the board. After that, adjust the belt to the center of the deck, followed by tightening the screw to the original set. It is suggested to examine the product twice a month.



※We suggest that add silicone once at least six months to prolong the lifespan of running board, running belt and some related parts.

Function of LUBRICATION REQUIRED

It will remind you to add lubricant when total distance added up to 2000Km(the distance is difference with the levels of running belt). When restarting the treadmill next time, the character string of " LUBRICATION REQUIRED" will show on the screen and then into start/ready status after continuously displaying for 1 minute.

Ps: When adding lubricant, check whether the lubricant in the running belt is dried up. If it is, then add lubricant into it.

Cancel the character string of "LUBRICATION REQUIRED" displayed on the screen every time you restart the treadmill. After adding lubricant, restart the power and then it will display the character string of "LUBRICATION REQUIRED" for 1 minute on the screen. During the one minute, press speed up key and speed down key at the same time. The number will turn to 0 after 5 seconds and cancel the character string of "LUBRICATION REQUIRED" which will display until the next 2000km reach.

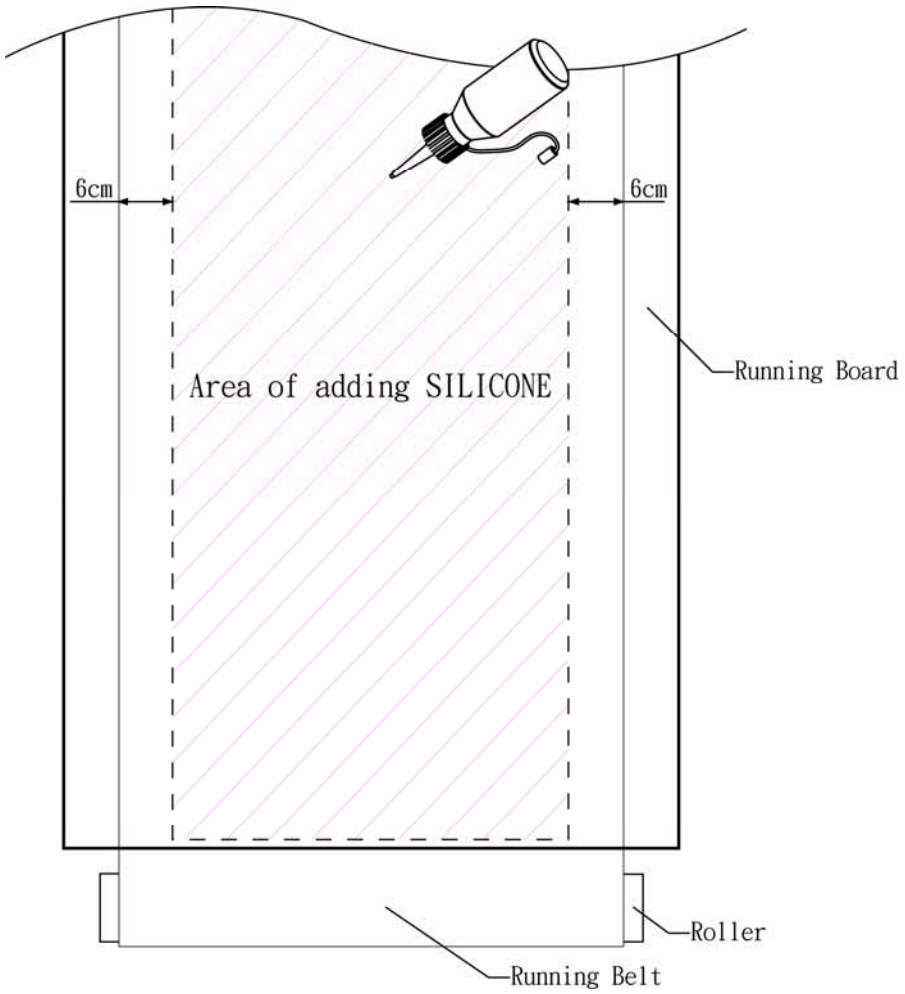
3-4 ADD SILICONE

1. Time of add SILICONE

When suggested time of adding SILICONE is achieved, please extend your hand to the center of the running board to make sure whether there is any SILICONE before adding. If no SILICONE on the running board, please add 30cc SILICONE to the running board. If there is still a little SILICONE, add 15cc SILICONE to the running board.

2. Area of adding SILICONE

Add SILICONE from the center of the running board to the running belt 's the left and right side which should minus 6 cm.

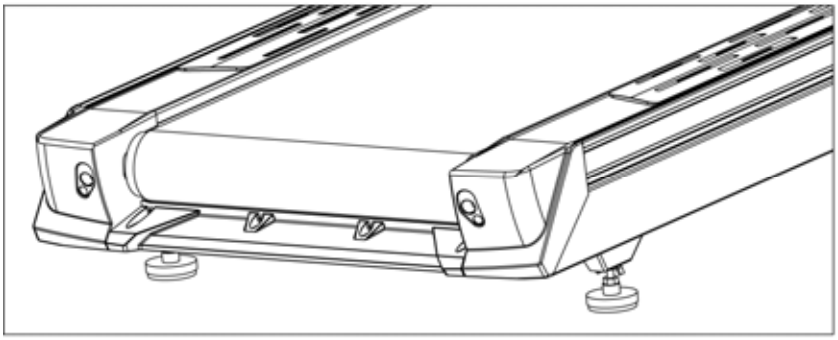


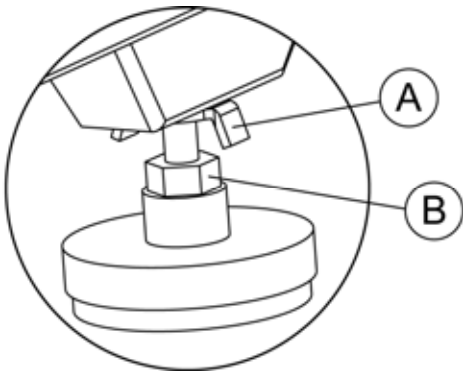
3-5 Leveling Adjustment

An uneven floor may cause the treadmill to rock while it is running. Adjust the leveling feet as follows to make the unit stable.

The method of adjustment is as follows:

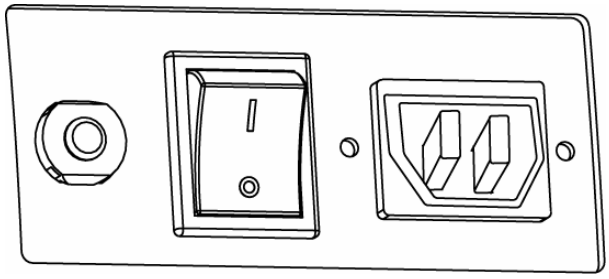
1. Turn A counter-clockwise to loosen it.
2. Adjust B to a proper height.
3. Turn A clockwise to tighten it.
4. The same adjustment is used for each side.





3-6 Power Switch

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions: "I" (one) for ON and "0" (zero) for OFF.



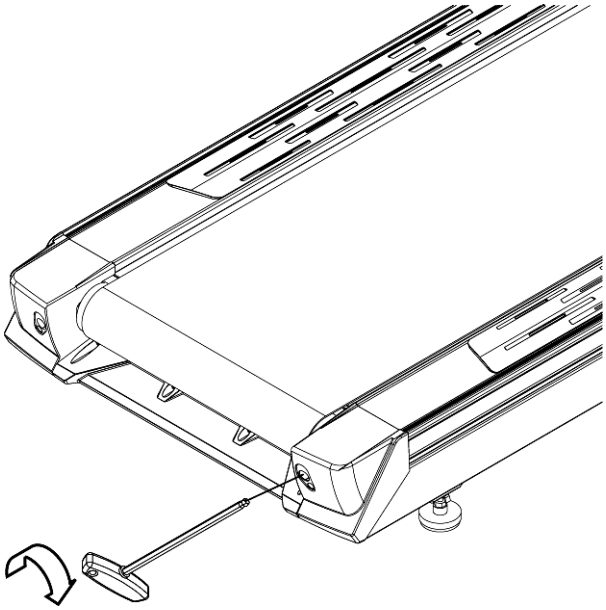
3-7 Centering The Belt

After installing and leveling the treadmill, check the belt to ensure that it is tracking properly.

First, plug the power cord into an appropriate dedicated outlet. Then, turn the treadmill ON. Have one person stand on the anti-slip pads on either side of the treadmill frame. Do not stand on the running belt at this time. Press the QUICK START key, and increase the speed to 4.0 mph (6.4kph).

If the striding belt moves to the right while it is running:
Turn the right tension bolt a quarter-turn clockwise, and then turn the left tension bolt a quarter-turn counter-clockwise. See the illustration below. Allow the treadmill to run for 5 minutes.
This action should set the striding belt tracking back to center of the roller, if not, repeat process.
If the striding belt moves to the left while it is running:
Turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise. Allow the treadmill to run for 5 minutes. This action should set the striding belt tracking back to center of the roller, if not, repeat process.

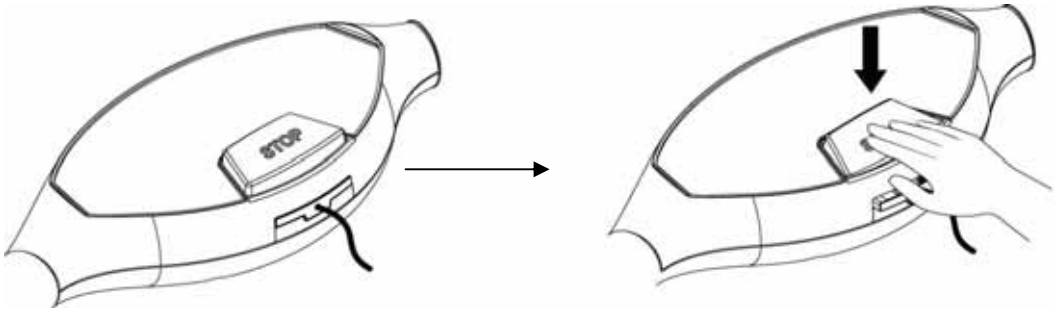
NOTE: Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly. Check with a qualified service company.



3-8 Emergency Stop System

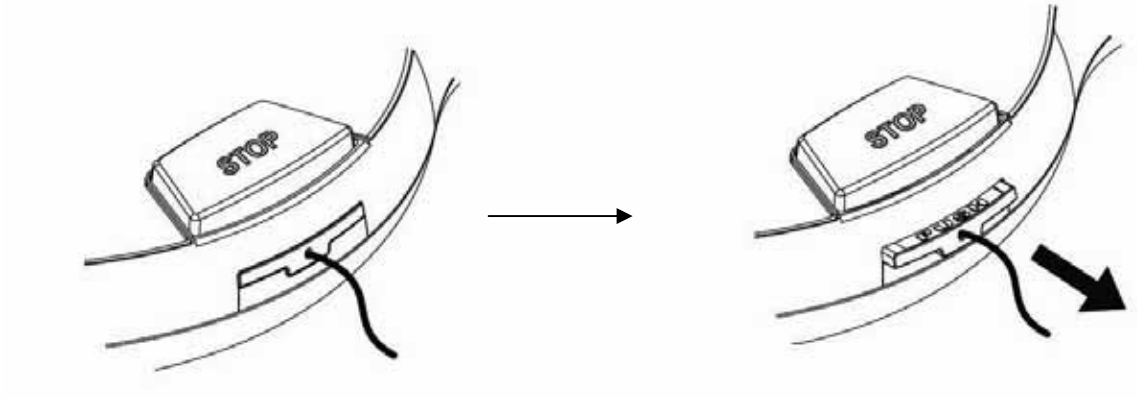
This treadmill has a safety stop system via the emergency stop key. There are two methods that can stop the treadmill temporarily.

1. Press the Safety Key



Press the Safety key, the treadmill will stop running immediately.

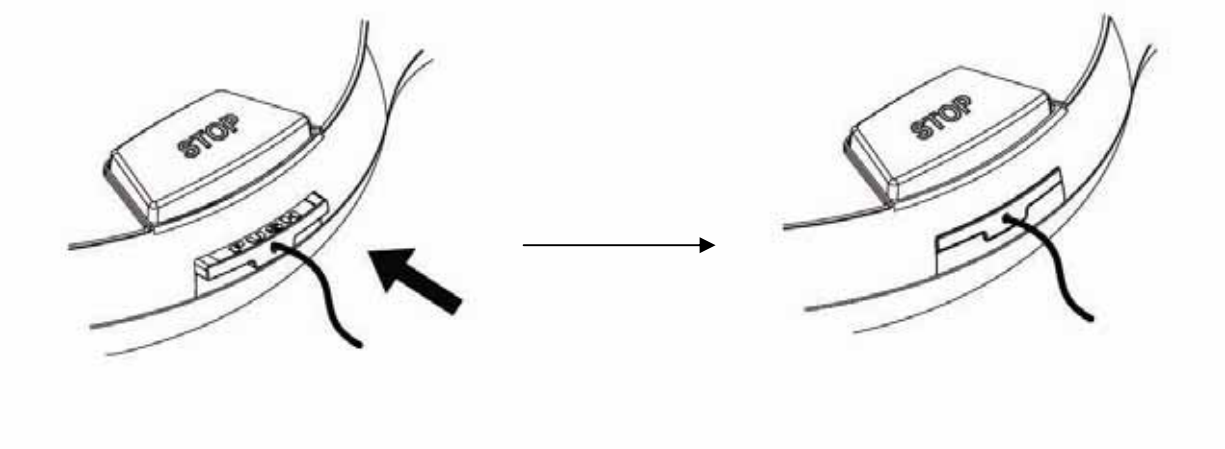
2. Pull on the safety cable



Pull out the wire downwards, the treadmill will stop running immediately.

Warning:

When you pull the cable or press the Safety key, the part which is tied with rope will protrude. Press the protruded part back, the treadmill will be back to the start/ready status.

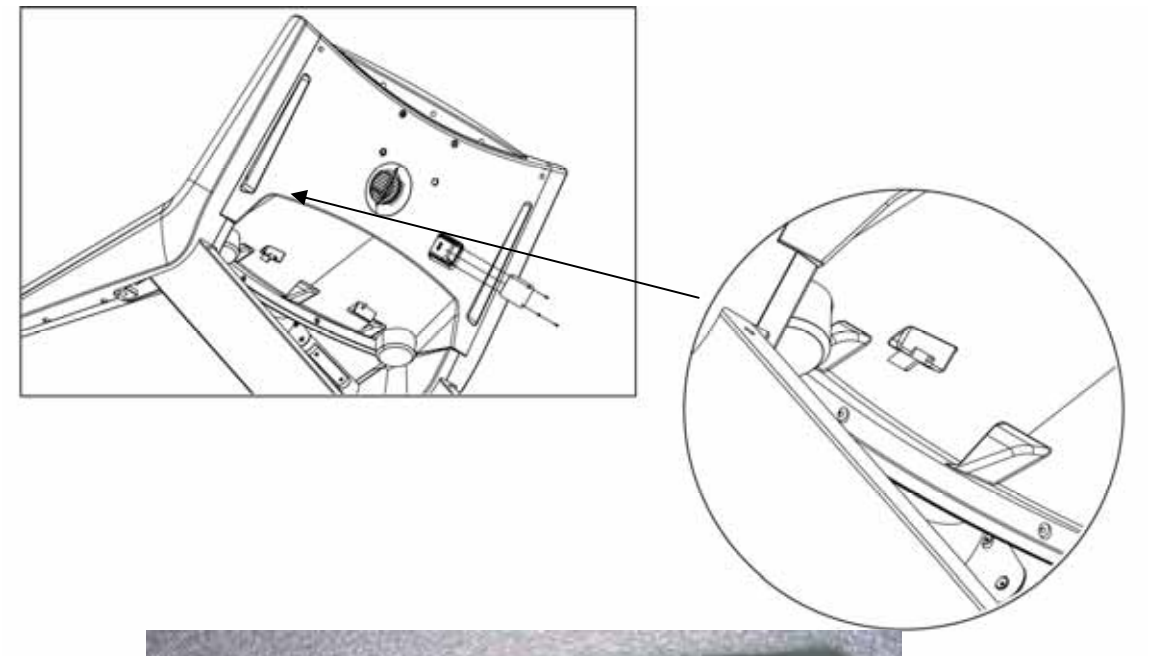


Press the protruded part back

The treadmill goes back to the start/ready status

3-9 Fitness Networking

The treadmill can connect to the network by the RJ45 port on the back of control board.

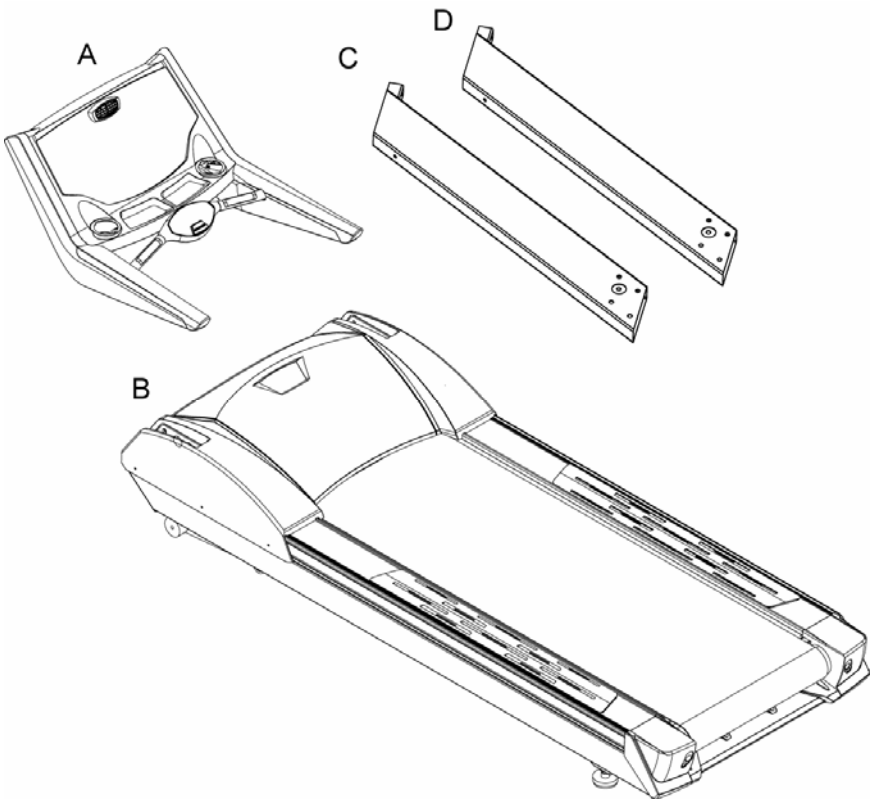


Figure

4 Assembly Instructions

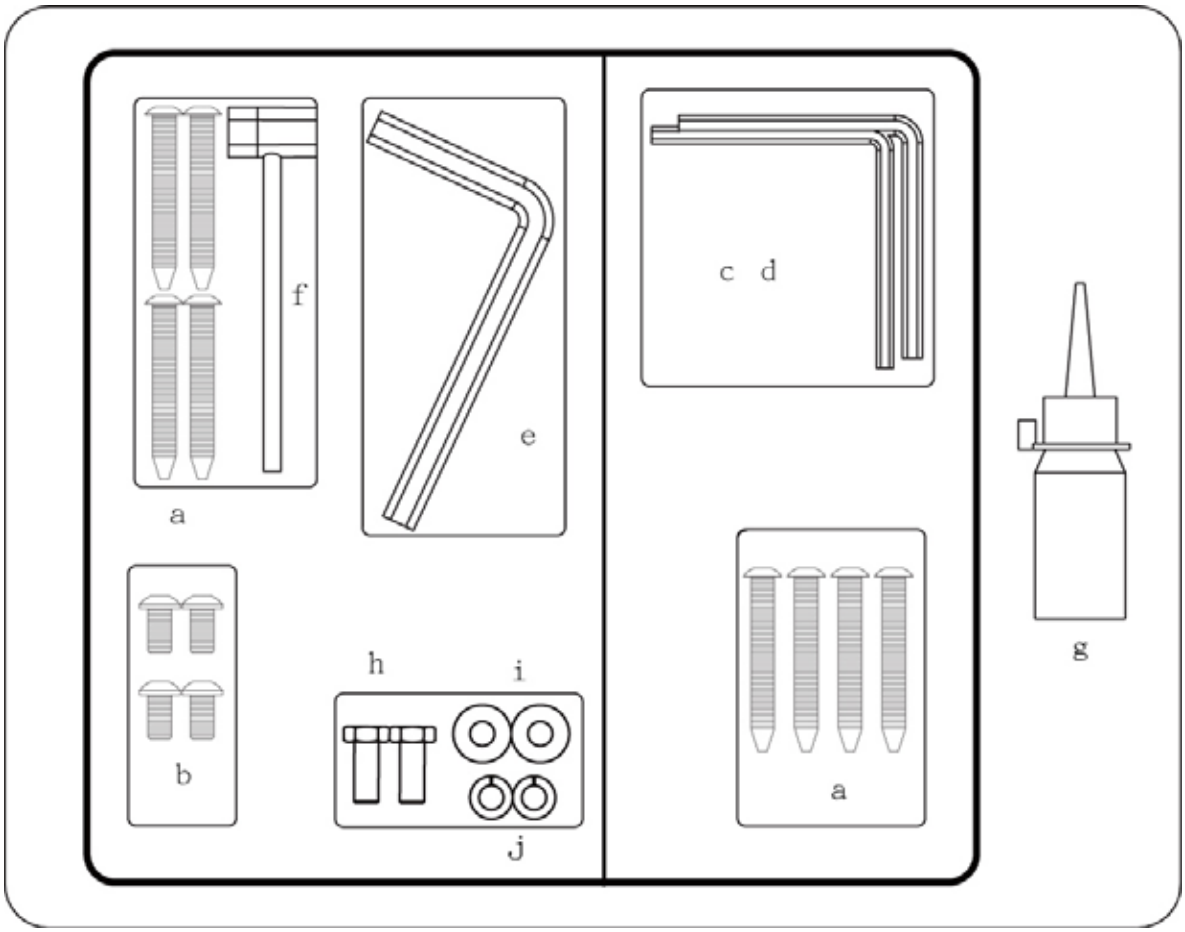
Please read the instructions carefully before assembling the unit,then choose a flat position to start.

4-1 Pre-Assembly Check List



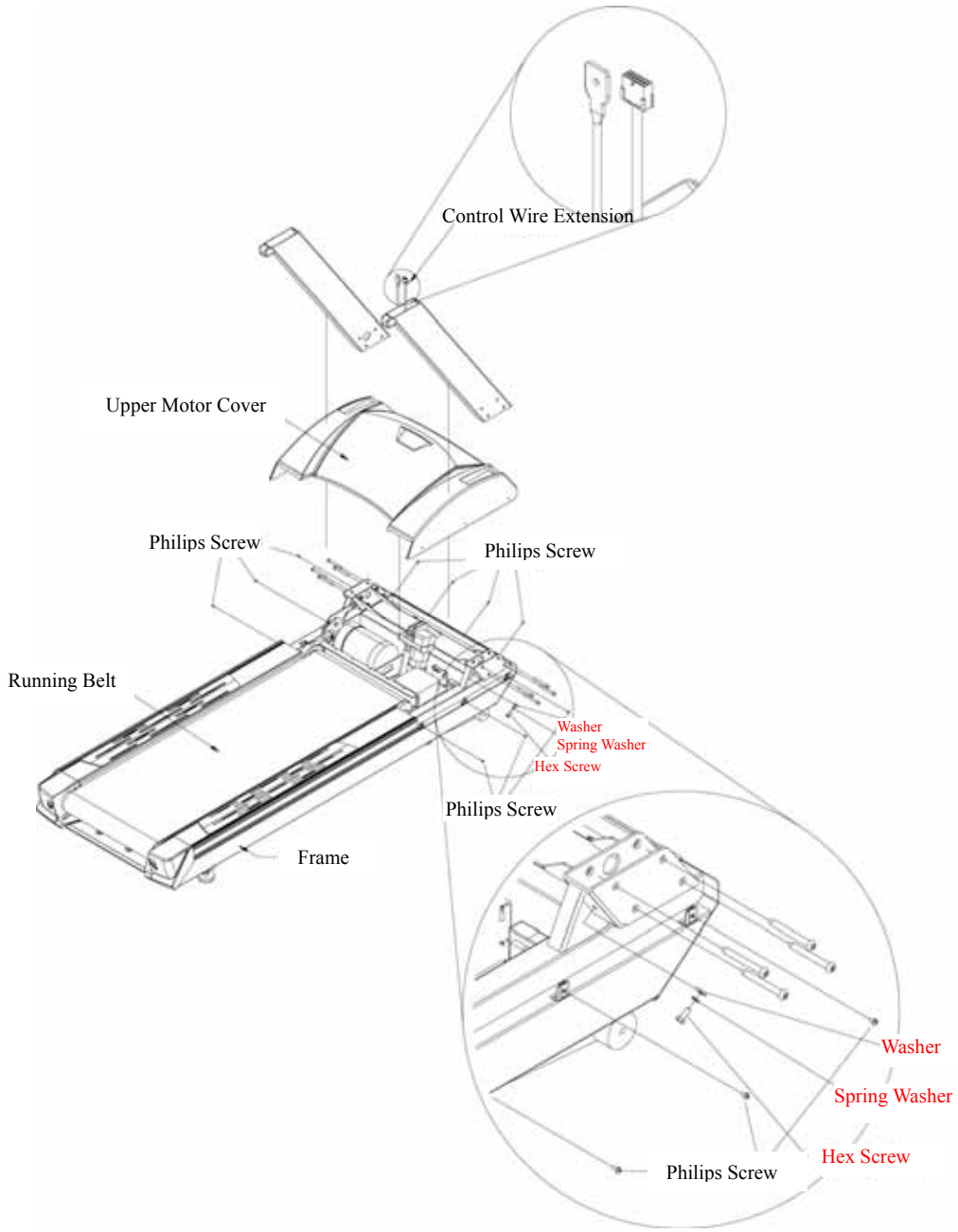
ITEM	Description	Qty
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1

Parts kit



ITEM	Description	Qty
a	Hex Screw M10xP1.5x70	8
b	Hex Screw M8XP1.25x15	4
c	Hex Wrench 5mm x 80mm x 80mm	1
d	Hex Wrench 6mm x 80mm x 80mm	1
e	Hex Wrench 10mm x 65mm x120mm	1
f	Bushing Wrench + Screwdriver	1
g	SILICONE	1
h	Hex Screw M8XP1.25x20	2
i	Washerψ8 xψ19 x 3.0	2
j	Spring Washer M8	2

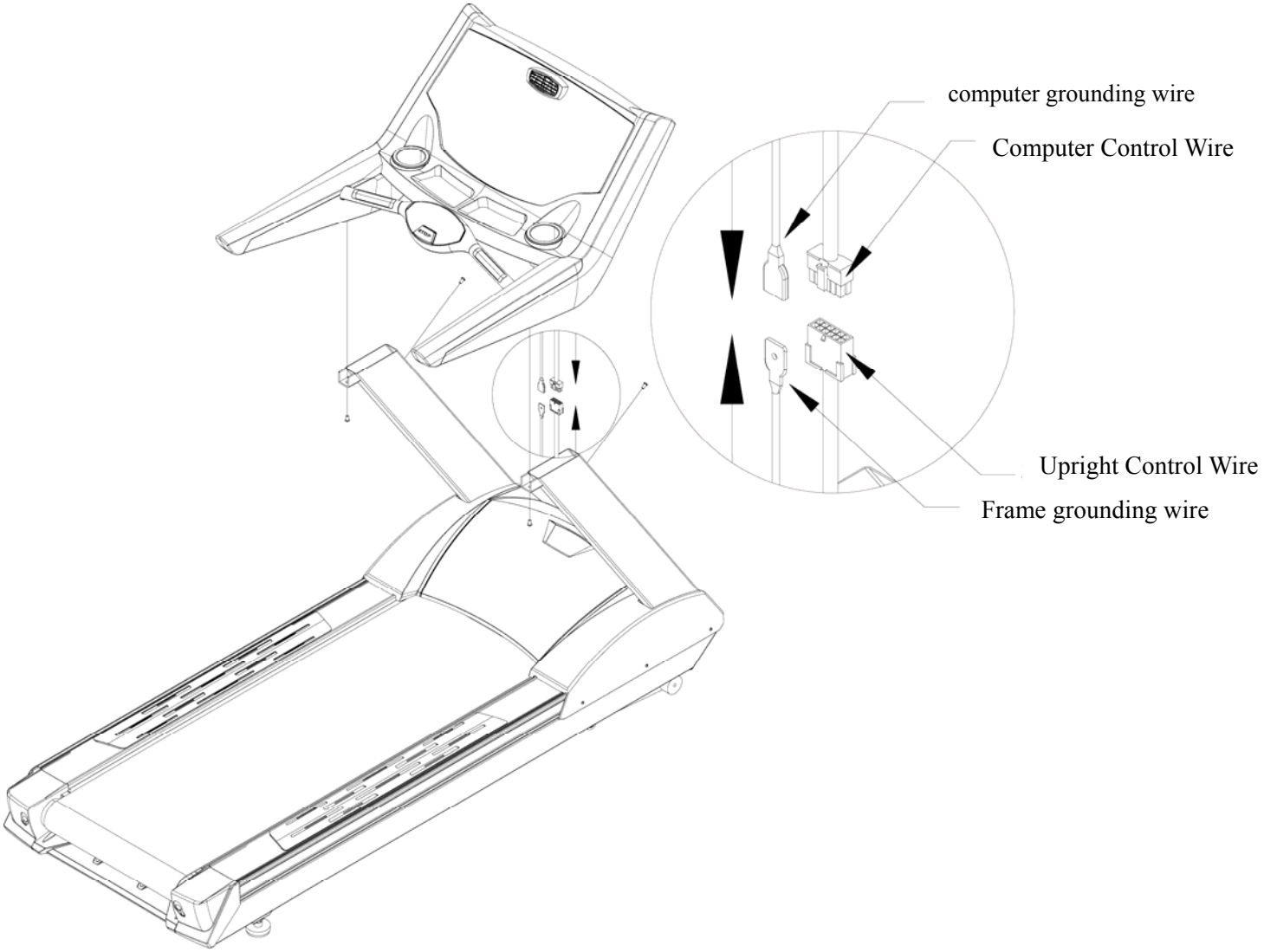
4-2 Assembly Steps



Two people should finish the assembly steps.
(Caution!! Please follow exactly the assemly steps below to aviod injury.)

1. First, loosen the Philips Screws (altogether 10cpcs) which fix the upper motor cover on the Frame(B), remove the upper motor cover. Pull out the control wire with the guide thread attached in the right upright, and then feed it into the side hole of the right upright. then fix slightly Upright(C,D) on the frame with screw(a). Tighten Hex screw(h), and then tighen screw(a) .At last put back the upper motor cover and tighten it with Philips Screw (h).

Note: 1.When assembling the Upright, one person should hold the Upright to prevent it from falling.
2. Before installing the upper motor cover, be sure that there are no tools or screws droped into the frame.

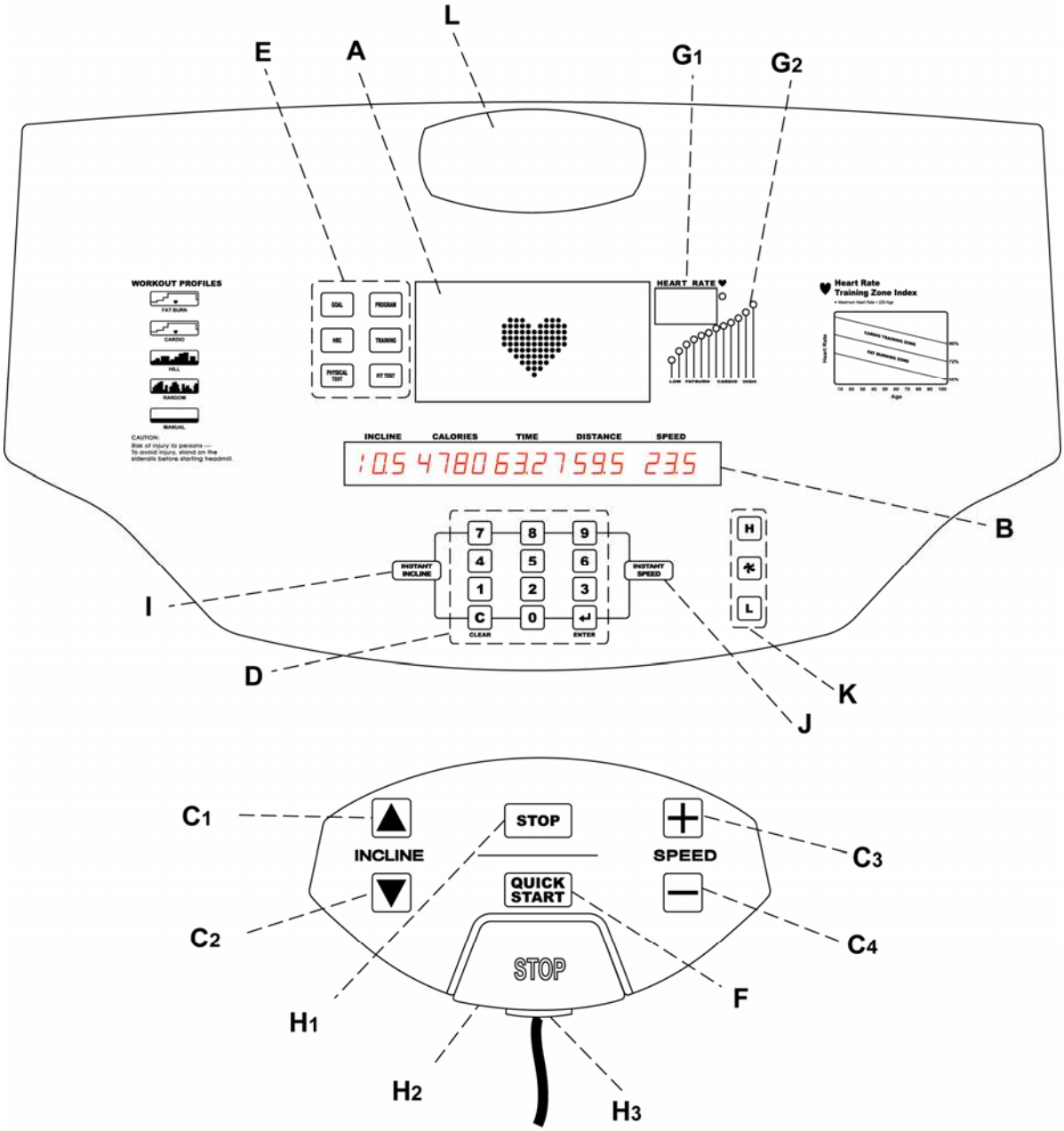


1. Put the Computer Console (A) on the upper part of the Uprights(C,D) on the assembled Frame(B), and connect the uprights control wire with computer control wires. Last, tighten the computer console with Hex Screw(b) on the upper part of uprights.
2. After confirming the assembly is finished, operate the treadmill accoding to the operation instructions.

Note: 1. When tigthening the screws, pay attention to whether it pinches the inner tube control wire.

5 Computer

With this easy-to-use computer, the treadmill allows users to tailor a workout to personal fitness abilities and goals and to monitor progress.



5-1 Computer Structure

A – WORKOUT PROFILE WINDOW:

During a workout, interval hills and valleys appear in this window as rows of light stacked in columns. The number of lit rows within a column corresponds to an incline percentage.

B – MESSAGE CENTER:

This window displays step-by-step instructions for setting up a workout. During a workout, it displays calories, distance, time, incline and speed.

C – INCLINE and SPEED ARROW keys:

C1 – Increase Incline of the Treadmill Deck during Exercises

Press this key to increase the incline of the treadmill deck, the upper limit is 15%, steps are 0.1%.

(The incline cannot be changed in some automatic programs.)

C2 – Decrease Incline of the Treadmill Deck during Exercises

Press this key to decrease the incline of the treadmill deck during exercises, the lower limit is 0%, step is 0.1%.

(The incline cannot be changed in some automatic programs.)

C3 – Increase Speed during Exercise

Press this key to increase the speed during exercises, the upper limit is 15.6 mph (25 kph) steps are 0.1.

C4 – Decrease Speed during Exercise

Press this key to decrease the speed during exercises, the lower limit is 0.5mph (0.8 kph) steps are 0.1.

D – NUMERIC keypad :

Use NUMERIC keys to enter exercise time, difficulty level, speed, weight, distance, goal selection, gender, and target heart rate. After entering the data, press ENTER to confirm, press CLEAR to cancel.

E – WORKOUT SELECTION keys:

Press any of these keys to select the program. These programs include: GOAL, HRC, PHYSICAL TEST, PROGRAM, TRAINING, FIT TEST.

F – QUICK START：

Press this key to begin a manual workout immediately, without having to select a workout program. Once the workout is in progress, use the ARROW keys or the NUMERIC keypad to change the intensity level or workout duration as desired.

G. – HEART RATE:

G1 – Heart Rate Display:

Displays the heart rate during a workout if users grasp the pulse sensors or wear a compatible heart rate chest strap.

G2 – Heart Rate Zone Panel:

Calculate HR training zones after you enter your age. This formula displays only after entering program and inputting your age.

H – STOP AND EMERGENCY STOP:

H1 – Pause/Stop during Exercises:

During exercises, press this key once to pause the treadmill, press this key twice to stop the treadmill and reset the information.

H2 – Emergency Stop Key：

Press this key during your workout to immediately stop the treadmill, see section 3-7 for more information.

H3 – Emergency Stop Key Manual Replacement:

Please refer to 3-7 Emergency Stop System.

I – QUICK INCLINE key:

Press this key during exercises, the incline display window will blink. At this time, use the NUMERIC keypad to choose the incline value, then press ENTER to confirm. If the set value exceeds the upper and lower limits of the treadmill, this value will be not accepted. The user needs to input the acceptable data again(0-15).

(When setting LEVEL during PROGRAM, set-up this key will not function.)

J – QUICK SPEED key:

Press this key during exercises, the speed display window will blink. At this time, use the NUMERIC keypad again to choose the speed value, then press ENTER to confirm. If the set value exceeds the upper and lower limits of the treadmill, this value will be not accepted. The user will need to input the acceptable data again(0.8-25km/0.5-15.5miles).

K – FAN key:

Press to control the start and stop of the fan. H is the high speed fan, L is the low speed fan.

L – FAN VENT:

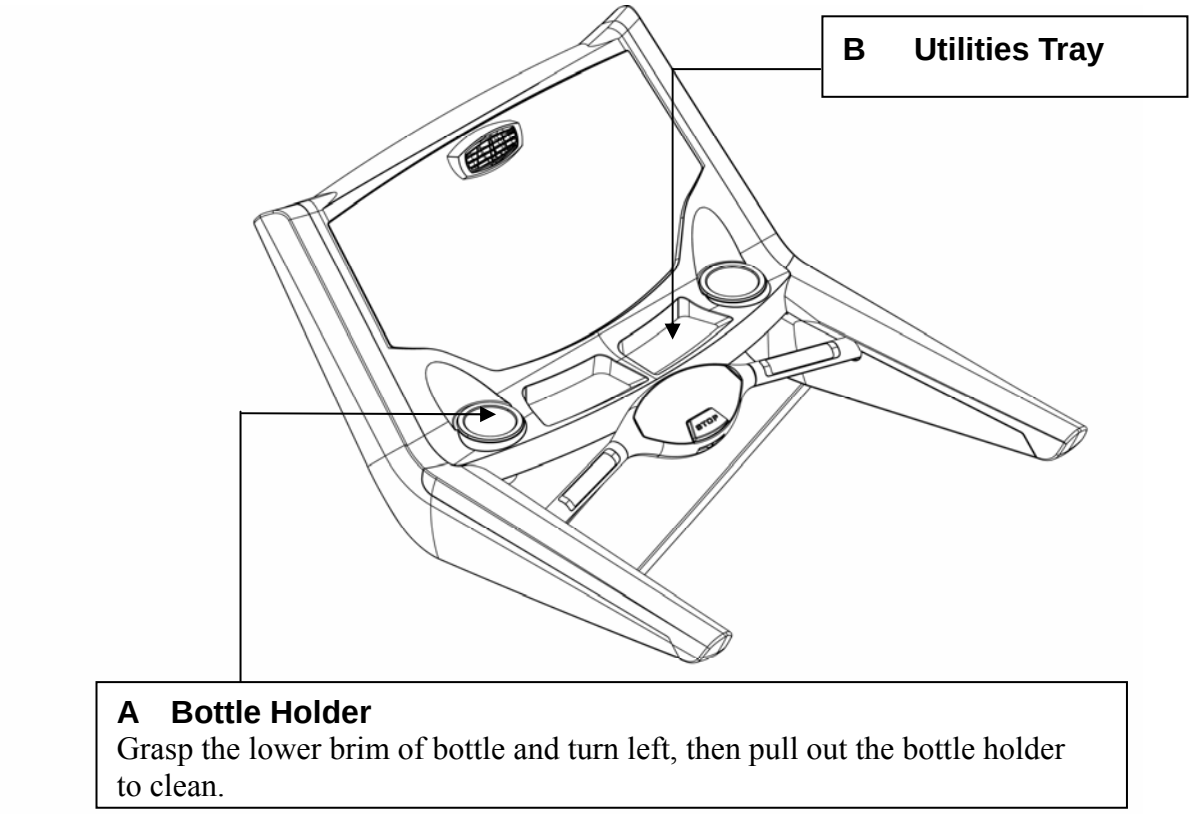
Adjust the vent up or down for your comfort.

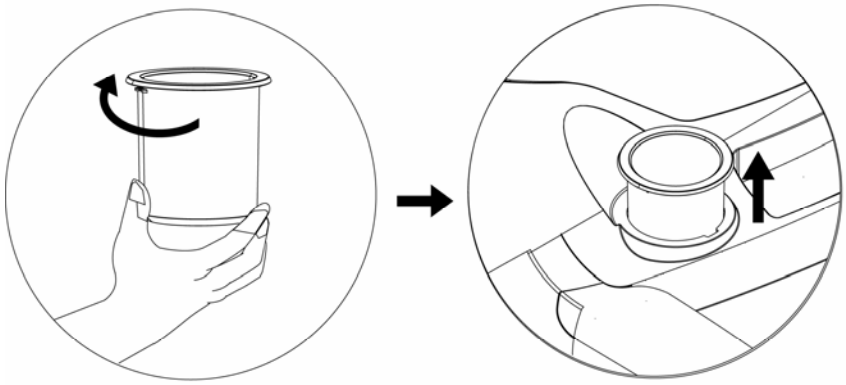
NOTE:

Every key has a LED. Before you press a key, the LED will only be half lit. When you press the Key , the LED will have full lighting.

5-2 Bottle Holder and Utilities Trays

Computer Console includes a bottle holder(A) and two utility holders(B) in which you can put MP3 player , mobile phone etc.





6 Heart Rate Zone Training

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results.

6-1 Heart Rate Zone Training

Zone Training identifies an exerciser's ideal heart rate range, or zone, for aerobics or increasing cardiovascular fitness. The table on the right is a reference between age and target heart rate.

Heart Rate Zone Training includes the following 3 modes:

- **Hill Heart Rate**
- **Interval Heart Rate**
- **Intensive Heart Rate**

High Intensity: Interval Heart Rate

Low Intensity: Fat Burn

AGE	65%	80%
10	136	168
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	104
100	78	96

SUGGESTED TARGET HEART RATE AS % OF MAX ACSM HEART RATE RANGE: 55% - 90%

Heart Rate Interval

Each workout offers different benefits, as discussed in Section 7.

Note:

Before training ask the advice of a qualified instructor for the best training plan.

6-2 Heart Rate Monitoring

A. Hand Sensor System

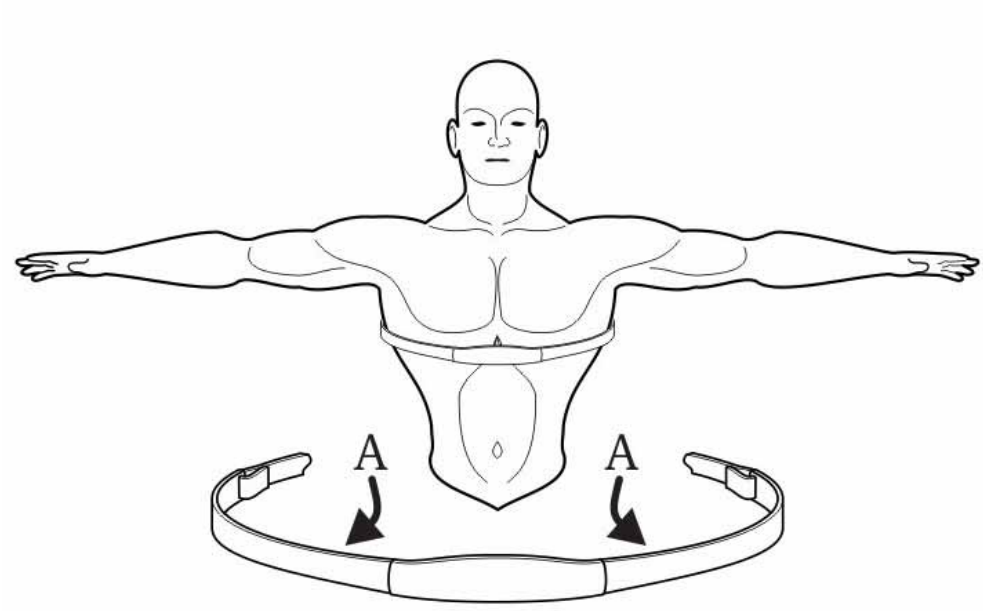
During exercises, grasp the stainless steel sensors on the front handrail to check your heart rate. Two sensors are located on each of the handrails. Contact must be maintained with all four sensors to obtain a heart rate. The console displays a heart rate within 20 to 30 seconds of contact with the sensors.

Do not attempt to grasp the sensors at speeds above 4.5 MPH, or 7.2 KPH. For these speeds, the use of a heart rate chest strap is recommended.

B. The Optional Heart Rate Chest Strap

The treadmill is equipped with a heart rate chest strap sensor, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the treadmill console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is optional, contact Magnum to purchase**.**

Figure: Correct Positioning of the Strap and Wearing Method



See the upper drawing for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. It functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them. During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph(7.2km). If a heart rate chest strap is detected, the maximum speed is 15.6mph(25Km)

7 Programs

Program Overviews

The following programs are preprogrammed for the treadmill.

- **QUICK START**

When the treadmill is on, press the QUICK START key to start the program. After the QUICK START key is pressed, a MANUAL program begins immediately. The Calorie calculations work with the user's weight, incline of treadmill deck and speed. The pre-set incline value of this treadmill is 0. Users can adjust the incline by pressing the Incline keys, and adjust speed by NUMERCAL keypad or Speed Arrow keys.

- **GOAL**

Time Goal

Set the target exercises time in the target zone. When the time goal is reached, the program will stop automatically.

Set Range: The pre-set time is 20 minutes, range:10-95.

Distance Goal

This program aims to build endurance. The objective is to cover a certain distance in miles. Once the objective is reached, the program will stop automatically.

Set Range: The pre-set distance is 5 km, range: 1-99.

Calories Goal

This program aims to promote weight loss and weight control. The objective is to burn a certain number of calories in the selected time duration. Once the objective is reached, the program will stop automatically.

Set Range: The pre-set calories value is 200.

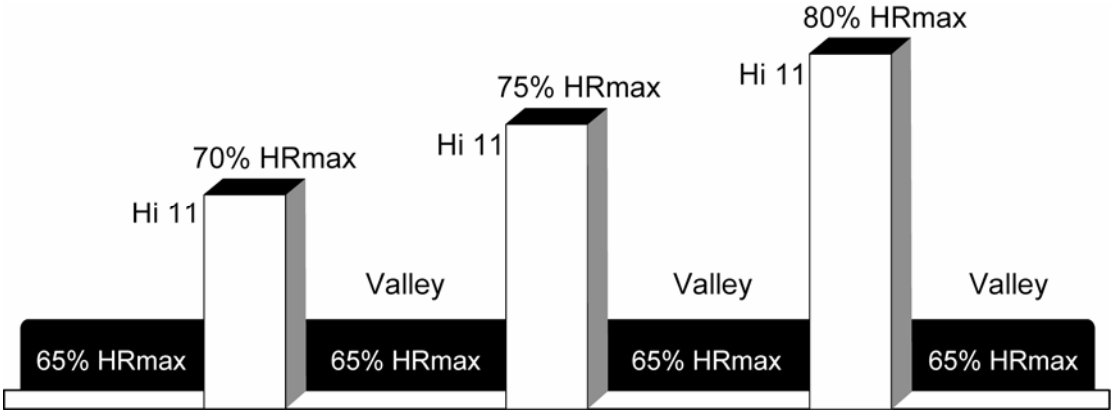
- **HRC**

Hill Heart Rate Control

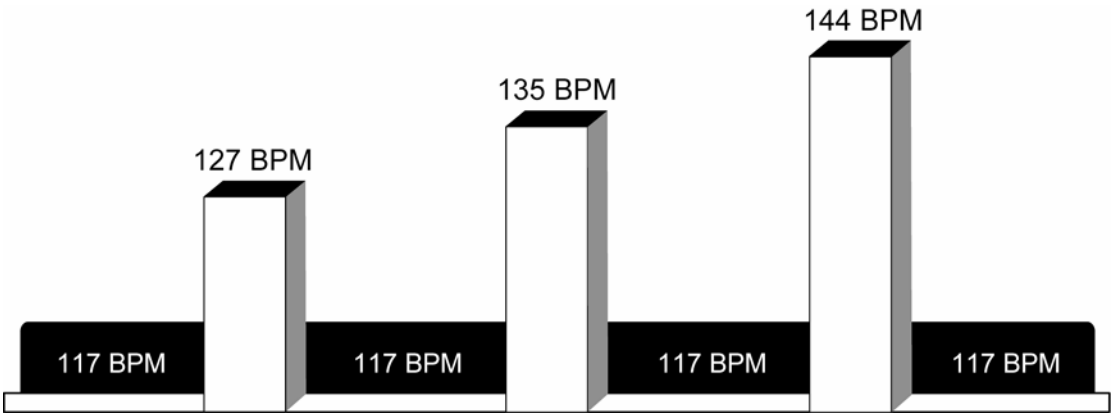
This program combines the standard HILL program profile with the concept of Heart Rate Zone Training. The default target heart rate is calculated as 80 percent of the theoretical maximum, but the user can adjust the target rate during the program setup. All hills and valleys are percentages of max heart rate. The program consists of seven target heart rates, and three changeable heart rate goals 70%, 75%, 80%. The valley always is defined as 65 percent of HRmax.(see drawing)

After a standard three-minute warm-up, the heart rate begins to increase. Once the user reaches 70 percent of HRmax, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 65 percent of HRmax, the valley continues for one minute. Each target heart rate continues one minute. The program works in turn

as long as time allows. At the end of the program it goes into a cool-down phase. If the heart rate goes above the theoretical maximum for more then 45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal, the heart rate wanders between two target heart rates, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the program is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal. During exercises, the user must wear a chest strap or grip the heart rate sensors, or this program cannot work.



Heart Rate Control



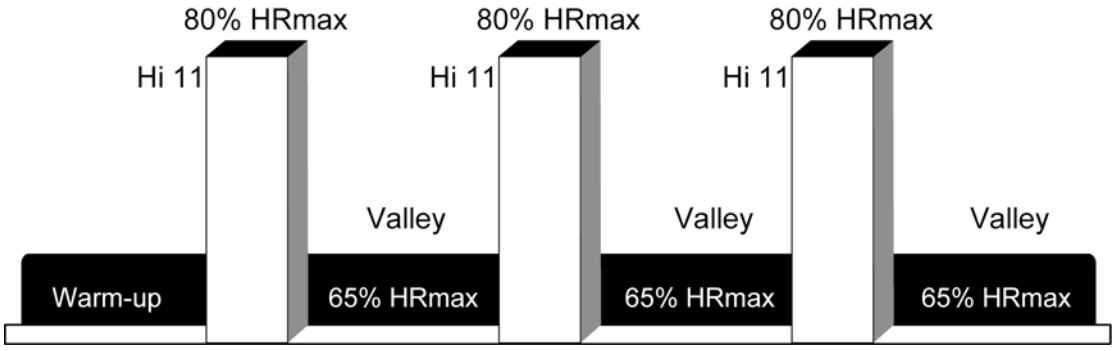
Target Heart Rate

User Example for 80%, 40 year old person : 220bpm - 40 years old = 180

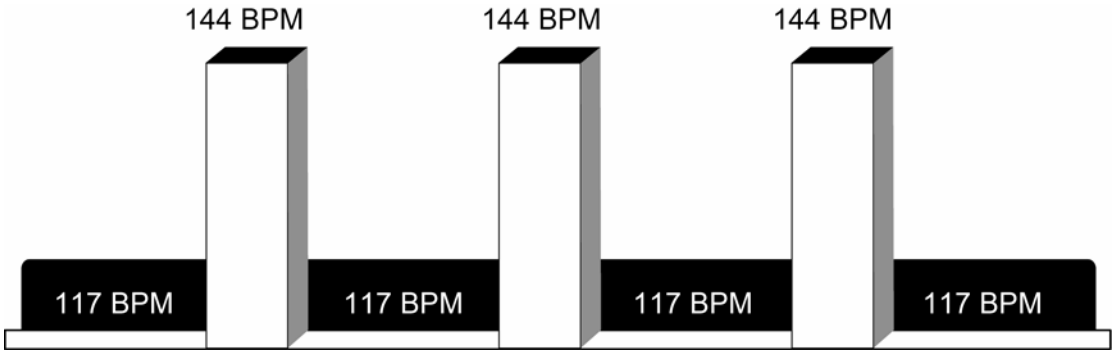
180×80% = 144 bpm 80% of Max theoretical HR

Interval Heart Rate Control

Interval heart rate program is similar to the heart rate control program. The difference are: first the max target heart rate is 80% HRmax, second every target heart rate continues 3 minutes. During exercises, the user must wear a chest strap or grip the heart rate sensors , or this program cannot work.



Interval Heart Rate



Target Heart Rate

User Example for 80%, 40 year old person : 220bpm - 40 years old = 180

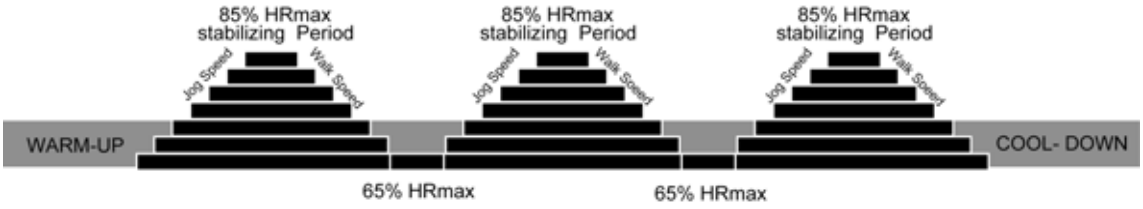
180×80% = 144 bpm 80% of Max theoretical HR

Intensive Heart Rate

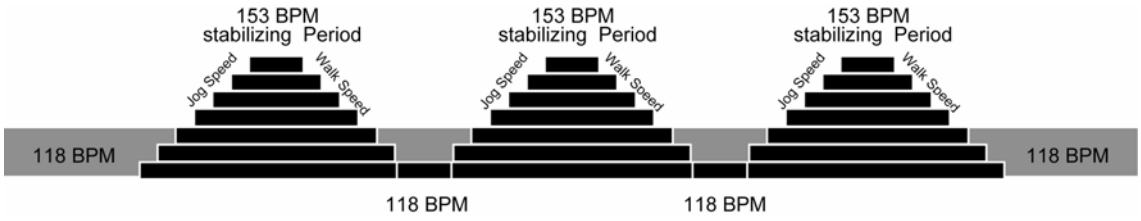
This intense, varied program is designed to help more experienced users to break through fitness improvement plateaus. The program alternates between two target heart rates(65%-85%) as quickly as possible. The effect is similar to that of running sprints. The user must wear a chest strap or grip the heart rate sensors throughout exercises, or the program cannot work.

NOTE**:** Users who run at speeds faster than 4.5 MPH (7.2 km) must wear the chest strap.

- When setting up the program, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the treadmill accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal of 85 % HRmax. That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0 percent, and the treadmill slows to the walk speed. When the heart rate falls to the 65% HRmax goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration.
- If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a jog speed or walk speed phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



Intensive Heart Rate



Target Heart Rate

User Example for 85%, 40 year old person : 200bpm - 40 years old = 180

180×85% = 153 bpm 85% of Max theoretical HR

● PHYSICAL TEST

SUPERIOR PHYSICAL TEST

The U.S. Army Physical Fitness Test is a physical performance test used to assess muscular endurance and cardio respiratory fitness.

EXTREME PHYSICAL TEST

The running portion of the U.S. Navy Physical Readiness Test is a distance goal test based on the time needed to complete 1.5 mile (2.4Km) and is used by the U.S. Navy and Naval academies to measure aerobic capacity.

ENDURANCE PHYSICALTEST

The U.S. Marines Physical Fitness Test

GERKIN PROTOCOL

The Gerkin Protocol is a graded submaximal VO2 test used by the International Association of Fire Fighters to determine fitness for fire department duty.

The score for the test depends on the finishing time, age and gender. For all FITNESS TESTS except **GERKIN**, after the distance goal is reached, the workout program goes into a cool-down. The duration of this phase depends on the amount of time taken to complete the test. For less than five minutes, the cool-down is one minute. For five to 15 minutes, the cool-down is three minutes. For longer times, the cool-down is five minutes. The user can abort the cool-down by pressing the STOP button or the CLEAR key. After the cool-down is aborted or completed, the MESSAGE CENTER displays the finishing time and a point score for the test.

PHYSICAL EFFICIENCY BATTERY(FBI Test)

This test is a physical test of 1.5 mile(2.4Km) The Physical Efficiency Battery is used by U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs.

● PROGRAMS

MANUAL

The **MANUAL** program is constant effort workout in which the user can change the resistance level or speed of at any time.

The heart rate bar on the console can indicate the current heart rate zones of fat burn or cardio training

RANDOM

The RANDOM program creates a terrain of hills and valleys that varies with each workout. More than one hundred different patterns are possible.

HILL

The HILL program offers a variety of configurations for interval training. Intervals are periods of

intense cardiovascular exercise separated by regular periods of lower-intensity exercise. This program consists of four parts, every part represents different exercise intensity. The PROGRAM window displays the work. In heart rate test, first choose the transition of two zones to test the heart rate in the transition. Two arrows in the drawing are the heart rate testing points. This program is the combination of cardio respiratory improvement, fat loss and heart rate zone training, not for heart rate testing. The window will not display the heart rate measurement. Wear the chest strap or continuously grip the heart rate sensor on the handrails.

1. **Warm-up**

   Warm-up is a interval of low, gradually increasing resistance, which brings the heart rate into the lower end of the target zone. It increases respiration and blood flow to working muscles.

2. **Plateau**

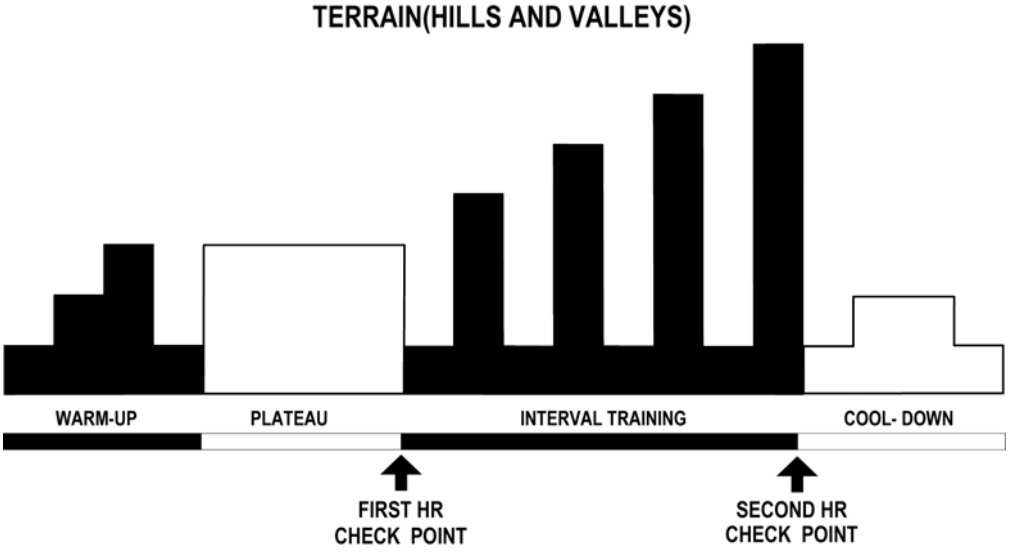
   Increase the intensity slightly and keeps it steady. This brings the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.

3. **Interval Training**

   Interval training is a series of increasingly steeper hills alternating with valleys, or stints of recovery. The heart rate should rise to the high end of the target zone. Check the heart rate at the end of this phase.

4. **Cool-Down**

   A low-intensity interval that allows the body to begin removing lactic acid, and other exercise by-products, which build up in muscles and contribute to soreness. The length of cool down depends on the time, speed, incline and heart rate during the program.



Each column, as seen in the PROGRAM WINDOW and the chart above, represents one interval. Each program is made up of 20 intervals; the duration of the interval depends on how long you select the program to last. The pre-set time is 10 minutes, range is 10-95, in 5 minutes increments .

10-19 minutes The duration of the program is 10 minutes, then the interval is 30 seconds. If the duration of the program is 15 minutes, then the interval is 45 seconds.

20-95 minutes All intervals last 60 seconds. If the user adds minutes to the pre-set length of the

program while the program is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the program is completed .

SPEED INTERVAL

Select **SPEED INTERVAL** within PROGRAM key to pre-set low speed and high speed (if it is set, it cannot be edited during exercises). Touch the SPEED "+" "-" keys on the ergo bar to manually change in between jog (low speed) and run (high speed) during workout.

FAT BURN

The FAT BURN workout is designed to maintain a user's heart rate at 65% HRmax. During exercises, the user wears a chest strap or grips the heart rate sensors. If the user is not wearing a chest strap, the PROGRAM WINDOW displays a heart shape, and the MESSAGE CENTER displays a prompt to grip the heart rate sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the treadmill to reach and maintain the target heart rate. This program is not for intensive exercise.(Target Heart Rate 220-age)*0.8 80%HRmax).

NOTE:

Incline automatically adjusts; speed can only be changed by the user. Speeds of over 4.5 mph (7.2kph) the heart rate strap is needed.

CARDIO

This is the best exercise mode for aerobics and cardio respiratory improvement. During the program the user must wear the chest strap or continuously grip the heart rate sensors on the handrails. This program will adjust the incline automatically and keep the current heart rate in the target heart rate zone.

Note: In the FAT BURN program**,** the target heart rate is calculated at 65% HRmax. In CARDIO and HEART RATE HILL, the target heart rate is calculated at 80% HRmax.

The programs above need the user's weight to be entered. After entering the PROGRAM, use SPEED UP/ DOWN keys or the NUMERCAL keypad to input the weight.

TRAINING

- **FITNESS TRAINING 5K**
- **FITNESS TRAINING 10K**

This treadmill contains a 5K and 10 K self-challenge program. By setting different inclines, the program will create a corresponding map during exercising. The 1.5% incline means flat running. The 0% incline means downgrade. Each incline holds for 30-60 seconds.
When the distance is met, the program will stop.

FIT TEST

The treadmill Fit Test program is to test the cardiovascular fitness of different people. The Fit Test can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors (if equipped) when prompted or wear a heart rate chest strap, as the test score calculation is based on a heart rate reading. The workout duration will be five minutes at a 5% incline. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score, and display the score in the MESSAGE CENTER.

To set up the Fit Test

- Press the FIT TEST button repeatedly until the FIT TEST option appears in the message center. Press ENTER to select the FIT TEST option.
- The message center will prompt for a user weight, age and gender . Use the NUMERIC KEYS or UP/DOWN ARROW KEYS to input the weight, age and gender. Press ENTER to confirm.
- The message center will next prompt for a workout level (ENTER SPEED)(2-4.5 mph). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the NUMERIC KEYS or UP/DOWN SPEED ARROW KEYS to enter the corresponding level. After the five-minute FIT TEST is completed, a FIT TEST score will be displayed.

Fit Test Program Suggested Exertion Levels

	Inactive	Active	Very Active
Treadmill Fit Test Level	2-3mph	3-4mph	3.5-4.5mph
	3.2-4.8kph	4.8-6.4kph	5.6-7.2kph

NOTE: Treadmill will incline to 5% after a one minute warm-up.
Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

Active Levels And Range

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight *
shorter	taller

* In cases of excessive weight, use lower half of range.The program will not accept:

- Heart rate less than 52 BPM or greater than 200BPM beats per minute.
- Body weight less than 75lbs (34 kg) or greater than 400lbs (180 kg).
- Age below 10 or over 99 years.
- Data input exceeds human potential.

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR, inputting the correct information, and pressing ENTER. It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time you last ate (two to four hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- time since you last exercised (at least six hours is recommended)

For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.

VO2 max Tests

Female (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2

Table Reference: The Physical Fitness Specialist Certification Manual, The Cooper Institute for Aerobics

Research, Dallas TX, revised 1997 printed in Advance Fitness Assessment & Exercise Prescription, 3rd Edition, Vivian H. Heyward, 1998.p48

NOTE: To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate (HRmax).

Example of Program

The steps for setting up a HILL, RANDOM, SPORT TRAINING 5K, and SPORT TRAINING 10K workout include selecting a level. The word "level" refers to a range of incline percentages. The treadmill features 20 levels.

LEVEL	% Incline	LEVEL	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

Each hill appears in the PROGRAM window as rows of light stacked in a column. The number of lit rows within a column corresponds to an incline percentage. To change levels during a workout, use the ARROW keys or the NUMERIC keypad.

Program Setup

Use the NUMERIC keypad to enter the values when prompted by the MESSAGE CENTER; or use TIME, INCLINE, or SPEED ARROW keys to scroll to desired values displayed on the MESSAGE CENTER. Press ENTER to confirm each selection. These entered values can be changed during all workouts, except for those found under the **FIT TEST** button. The following drawing is the program setup steps:

QUICK START

Press QUICK START

Turn on the Treadmill

- **GOAL**

1. TIME GOAL

Press GOAL
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Time
Enter Age
Enter INCLINE
Enter Speed
Start Program

2. DISTANCE GOAL

Press GOAL
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Distance
Enter Age
Enter INCLINE
Enter Speed
Start Program

3. CALORIES GOAL

Press GOAL
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Calories
Enter Age
Enter INCLINE
Enter Speed
Start Program

- **HRC**

1. HILL HEART RATE CONTROL

Press HRC
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Start Program

2. INTERVAL HEART RATE CONTROL

Press HRC
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Start Program

3. INTENSIVE HEART RATE

Press HRC
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Walk Speed
Enter Jog Speed
Start Program

- **PHYSICAL TEST**

1. SUPERIOR PHYSICAL TEST

Press PHYSICAL
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Age
Enter Gender
Enter Speed
Start Program

2. EXTREME PHYSICAL TEST

Press PHYSICAL
Press NUMERCAL keypad to Choose This Program
Press 0 or 1 to Confirm the altitude whether over 5000
Enter Weight
Enter Age
Enter Gender
Enter Speed
Start Program

3. ENDURANCE PHYSICAL TEST

Press PHYSICAL
Press NUMERCAL keypad to Choose This Program
Press 0 or 1 to Confirm the altitude whether over 5000
Enter Weight
Enter Gender
Enter Age
Enter Speed
Start Program

4. GERKIN PROTOCOL

Press PHYSICAL
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Age
Enter Target Heart Rate
Start Program

5. PEB TEST

Press PHYSICAL
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Age
Enter Gender
Start Program

● PROGRAM

1. MANUAL

Press PROGRAM
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Time
Enter Age
Enter INCLINE
Enter Speed
Start Program

2. RANDOM

Press PROGRAM
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Time
Enter Age
Enter LEVEL
Enter Speed
Start Program

3. HILL

Press PROGRAM
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Time
Enter Age
Enter LEVEL
Enter Speed
Start Program

4. SPEED INTERVAL

Press PROGRAM
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Time
Enter Age
Enter INCLINE
Enter Jog Speed
Enter Run Speed
Start Program

5. FAT BURN

Press PROGRAM
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Start Program

6. CARDIO

Press PROGRAM
Press NUMERCAL keypad to Choose This Program
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Start Program

● TRAINING

1. FITNESS TRAINING 5K

Press TRAINING
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Age
Enter LEVEL
Enter Speed
Start Program

2. FITNESS TRAINING 10K

Press TRAINING
Press NUMERCAL keypad to Choose This Program
Press ENTER
Enter Weight
Enter Age
Enter LEVEL
Enter Speed
Start Program

● FIT TEST

Press FIT TEST
Press ENTER
Enter Weight
Enter Age
Enter Gender
Enter Speed
Start Program

8 ERROR CODE DISPLAY

1. ERROR6 : incline motor doesn’t run, ERROR6 displays in matrix.
2. E1: Motor Abnormal